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WASTES

THE LEAKS IN A NATION'S STRENGTH

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U. S. DEPARTMENT OF AGRICULTURE
Washington, D. C.

Every housewife who practices strict economy puts herself in the ranks of those who serve the nation.—
President of the United States.

WILL YOU HELP SAVE THIS WASTE?

Tear off the attached post card and mail it to the U. S. Department of Agriculture, Washington, D. C. It will bring you information on the economical use of food.

Let every man and every woman assume the duty of careful provident use and expenditure as a public duty, as a dictate of patriotism which no one can now expect ever to be excused or forgiven for ignoring.—*President of the United States.*

A SLICE OF BREAD.

A single slice of bread seems an unimportant thing. In many households one or more slices of bread daily are thrown away and not used for human food. Sometimes stale quarter, or half, loaves are thrown out.

Yet one good-sized slice of bread—such as a child likes to cut—weighs an ounce. It contains almost three-fourths of an ounce of flour.

If every one of the country's 20,000,000 homes wastes on the average only one such slice of bread a day, the country is throwing away daily over 14,000,000 ounces of flour—over 875,000 pounds, or enough flour for over a million 1-pound loaves a day. For a full year at this rate there would be a waste of over 319,000,000 pounds of flour—1,500,000 barrels—enough flour to make 365,000,000 loaves.

As it takes $4\frac{1}{2}$ bushels of wheat to make a barrel of ordinary flour, this waste would represent the flour from over 7,000,000 bushels of wheat.

Fourteen and nine-tenths bushels of wheat on the average are raised per acre. It would take the fruit of some 470,000 acres just to provide a single slice of bread to be wasted daily in every home.

To produce this much flour calls for an army of farmers, railway men, flour-mill people. To get the flour to the consumer calls for many freight cars and the use of many tons of coal.

But some one says, a full slice of bread is not wasted in every home. Very well—make it a daily slice for every 4 or every 10 or every 30 homes—make it a weekly or monthly slice in every home—or make the wasted slice thinner. The waste of flour involved is still appalling—altogether too great to be tolerated when wheat is scarce.

Any waste of bread is inexcusable when there are so many ways of using stale bread to cook delicious dishes.

ONE-HALF CUP OF MILK.

Half a cup of milk—whole, skimmed, or sour—a seemingly trifling matter—hardly worth the trouble to keep or use.

In many households quite a little milk is wasted—left uncovered in glasses—regarded as useless because the cream has been skimmed off—allowed to sour—poured down the sink or thrown out.

Now, if every home—there are 20,000,000 of them—should waste on the average one-half cup daily, it would mean a waste of 2,500,000 quarts daily—912,500,000 quarts a year—the total product of more than 400,000 cows.

It takes a lot of grass and grain to make that much milk—and an army of people to produce and deliver it.

But, every household doesn't waste a half cup of milk a day? Well, say that one-half cup is wasted in only one out of a hundred homes. Still intolerable—when milk is so nutritious—when skim milk can be used in making nutritious soups and cereal dishes—when sour milk can be used in bread making or for cottage cheese.

To save food the housewife must learn to plan economical and properly balanced meals, which, while nourishing each member of the family properly, do not encourage overeating or offer excessive and wasteful variety. It is her duty to use all effective methods to protect food from spoilage by heat, dirt, mice, or insects.—*The Secretary of Agriculture.*

A PAT OF BUTTER.

One pat or serving of butter is a little thing—there are about 64 of them in a pound.

In many households the butter left on the plates probably would equal one pat, or one-fourth of an ounce, daily—scraped off into the garbage pail or washed off in the dish pan.

But if every one of our 20,000,000 households should waste one-fourth of an ounce of butter daily, on the average, it would mean 312,500 pounds a day—114,062,500 pounds a year.

To make this butter would take 265,261,560 gallons of milk—or the product of over half a million cows.

But butter isn't eaten or wasted in every home, some one objects. Very well. Say only 1 in 100 homes wastes even a pat of butter a day—over 1,000,000 pounds wasted. Still intolerable when butter is so valuable a food and every bit of butter left on a plate is so useful in cookery.

Every ounce of food the housewife saves from being wasted in her home—all food which she or her children produce in the garden and can or preserve—every garment which care and skillful repair make it unnecessary to replace—all lessen that household's draft on the already insufficient world supplies.—*The Secretary of Agriculture.*

AN OUNCE OF MEAT.

An ounce of edible meat—lean meat, fat and lean, suet or fat trimmed from steak, chop, or roast—seems hardly worth saving.

Many households take just this view of the matter—do not trouble to put such an insignificant scrap into the ice box or soup pot—do not bother to save for cookery a spoonful or two of drippings or a tiny bit of suet or fat.

Yet if every one of our 20,000,000 American families on the average wastes each day only 1 ounce of edible meat or fat, it means a daily waste of 1,250,000 pounds of animal food—456,000,000 pounds of valuable animal food a year.

At average dressed weights, it would take the gross weight of over 875,000 steers, or over 3,000,000 hogs—bones and all—to provide this weight of meat or fat for each garbage pail or kitchen sink. If the bones and butcher's waste are eliminated, these figures would be increased to 1,150,000 cattle and 3,700,000 hogs.

Or, again, if the waste were distributed according to the per capita consumption of the various meats (excluding bones), it would use up a combined herd of over 538,000 beef animals, 291,000 calves, over 625,000 sheep and lambs, and over 2,132,000 hogs.

Millions of tons of feed and hay, the grass from vast pastures, and the labor of armies of cattlemen and butchers also would be scrapped by this meat-waste route.

But every household doesn't waste an ounce of meat or fat every day? Very well; make it one out of a hundred families, but keep in mind that all meat allowed to spoil and all meat and fat rendered inedible by improper cooking, scorching, or burning must be counted as waste. Make it an ounce every other day or one a month. Such waste still would be unendurable when meat is scarce and when fat is of such vital food importance to many nations.

Waste of meat or fat is inexcusable. Every bit of lean meat can be used in soups, stews, or in combination with cereals; every spoonful of fat can be employed in cookery; every bit of drippings and gravy can be saved so easily and used to add flavor and nourishment to other dishes.

U. S. Department of Agriculture,

Washington, D. C.

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Respectfully,

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1-cent
stamp
here.

U. S. Department of Agriculture,

Washington, D. C.

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